

WOMEN'S SELF PROTECTION SEMINAR

SATURDAY
MARCH 21
10-12 PM



FIGHT LIKE A GIRL

YOU'LL TRAIN IN SELF DEFENSE,
PREPAREDNESS, AWARENESS
TECHNIQUES AND MORE!
GET EDUCATED AND EMPOWERED!

REGISTER TODAY \$25 PER PERSON, WOMEN AND GIRLS AGES 13+ WELCOME

ROGERS ACTIVITY CENTER
315 West Olive Street, Rogers, AR 72756
479-631-0336